

Role of *Aschyotan* in Ocular Infestation : A reviewRohit P. Chilbule\*<sup>1</sup>, Kiran B. Patil<sup>2</sup>, Chandrashekhar Mule<sup>3</sup>

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**\*Corresponding Author:** Email [rchilbule@gmail.com](mailto:rchilbule@gmail.com) Phone: 9028369185**Abstract**

*Ayurveda* is the holistic science of Indian medical system which is divided in eight branches (*Astang Ayurved*) one of them is *Shalakyatantra* it deals with the detail information about *Urdhwajatrugat Roga* (diseases occurring above neck) and their treatment. *Urdhwajatrugat Roga* includes diseases of Eye, Ear, Nose, Throat and Dental Problems. *Ayurved ophthalmology* is explored by *Sushruta* in *uttartantra*. *Kriyakalpas* are the ocular therapeutics explained in *kriyakalpaadyaya* in *Uttartantra* by *Sushruta*.

*Aschyotan* is one of the entity under *kriyakalpa* described by *Acharya Sushruta* in *Uttartantra*. *Kriyakalpas* are ocular therapeutics In *Ayurveda*. *Aschyotan* evanesce ocular symptoms in the initial phase of *Netraroga* by its Potency.

*Acharya Vagbhata* described *Aschyotan* in *Sutrasthana* in *Aschyotan-Anjan-Vidhi Adhyaya* as first line of treatment in all ocular conditions. In today's context eye drops are widely used in ophthalmology. *Aschyotan* is pouring drop by drop medicated drugs in eyes. *Acharya Sushruta* differentiated *Aschyotan* in three types in context to *Prakupit Dosh*. *Shnehana*, *Lekhana* and *Ropana* in

*Vata*, *kapha* and *Pitta* accordingly. *Aschyotan* acts locally it helps to prevent *Ruk* (eye pain), *Toda* (pricking pain), *Kandu* (eye itching), *Gharsha* (feeling of friction in the eyes), *Ashru* (excessive lacrimation), *Daha* (burning sensation), *Raga* (eye redness). The main objective of the study is to initiate detail about *Aschyotan* as therapeutic entity.

**Keywords:** *Aschyotan*, *kriyakalpa*, ocular therapeutics, *Prakupit Dosh*

**Introduction:**

*Netra* is one of the most important sense organ in our body amongst five sense organs. eyes have immense importance as life without site is miserable and delusive. In the present era of science and technology use of gadgets (computers, laptops, TV, mobiles, tablets.etc) have markedly increased and pollution in the atmosphere affects the health of eyes and leads to ocular infestation. *Netra Rogas* and their management are mention by *sushruta* in *uttartantra*. *Acharya Sushruta* has dedicated nineteen chapters in *uttartantra* for *Netra roga* and their management. *kriyakalpas* (Ocular Therapeutics) are the centre of attraction for ocular therapies in *Ayurveda* because of their marvellous results and speciality to act locally. *Netra* is the only organ

which receives separate treatment for its infestation. *Aschyotan* is one of the entity in *kriyakalpa*. *Aschyotan* is first line of treatment mentioned on *Netra Rogas*<sup>1</sup>. *Aschyotan* means pouring medicated herbal eye drops in eyes from two *Angul* (2 inches) distance. ocular symptoms like pain, itching, foreign body sensation watering redness and burnig sensation can be eradicated by *Aschyotan*.

### Materials And Methods:

The detailed literature review was done. Data was grabbed from authentic *Ayurvedic* texts and journals about *Aschyotan* in ocular infestation. exploring detail about *Aschyotan* from antique *Ayurved* text as well as recent data.

### *Aschyotan*

*Aschyotan* is described under the title *kriyakalpa*. *kriyakalpa* means ocular therapeutics use to treat certain ocular diseases. *Sushruta* described five types of *kriyakalpa* as *Tarpan*, *Putpaka*, *Sekh*, *Ashcotan* and *Anjan*. With addition to above five *Sharangdhara* described *Bidalaka* and *Pindika* under the title of *kriyakalpa*.

*Aschyotan* is first line of treatment in ocular diseases. *Aschyotan* is advisable in ocular pain, foreign body sensation, excessive discharge, redness and burning sensation.

### Types of *Aschyotan* according to Ayurveda:

- *Lekhan Aschyotan*
- *Snehan Aschyotan*
- *Ropan Aschyotan*

### Doses of *Aschyotan*:

\* In *Kaphaj Dosha Dushti* 7-8 drops of *Lekhan Aschyotan* is advocated.

\*\*In *Vataj Dosha Dusti* 10 drops of *Snehan Aschyotan* is advocated.

\*\*\*In *Pittaj Dosha Dusti* 12 drops of *Ropan Aschyotan* is advocated.

Drops of medicated liquids should be warm in case of *Vata Dusti*, Lukewarm in *Kapha Dusti* and cold in *Rakta* (blood) and *Pitta Dusti*.

### *Vidhi* (Procedure) :

The person should laid down on the cot. His eyes should be opened with the left hand of the physician The medicated drops held in the right hand of the physician just two *Angulas* (2cm) above the *Kaninika Sandhi* (inner canthus).

10 – 12 drops of the medicated liquid are put into the eye or as per condition. Afterwards the eyes should be wiped with soft cloth and Mild fomentation is given with cloth dipped in warm water for *Kapha* and *Vataj dosha*. In disorders due to *Rakta* and *Pitta* vitiation, eyes are mopped with cold water dipped cloth.

### Precautions:

Use of very hot and strong medicated drops should be avoided as it will lead to ocular pain, redness and loss of vision. very cold drops will lead to pricking pain, loss of ocular movement and discomfort. Overabundance of therapy tends to roughness of the lids, friction and difficulty in opening of the lids. Deficient therapy tends to worsening of the diseases, increase of swelling, redness and absence of lacrimation.

*Aschyotan* therapy should be done very judiciously to prevent above complications.

### Mode Of Action Of *Aschyotan* Based On Ocular Pharmacology:

Medicated drugs instilled in form of water-soluble and fat-soluble form gets in contact with the cornea. Different layers of the cornea has different permeability property. The stromal layer of cornea is permeable to water-soluble drugs and epithelial layer is permeable for Lipid-soluble drugs. The drugs used in *Aschyotan* possess variable properties hydrophilic, hydrophobic and both. Thus the drug gets absorbed by the layers of cornea and the excess of the drug is diluted with the tears and passed in the NLD. As the tissue contact time and exposure to ocular surface of drug is quite more as compared to modern eye drops. As in *Aschyotan* drug is repeatedly poured from safe height of two *Angul* and due to cold and warm nature of the drug it gets absorbed effectively hence desired effect is gained.

### *Aschyotan* is used in following *Netrarogas*:

- *Abhishyanda*
- *Sirotpata*
- *Shusk-akshipaka*
- *Sashof-akshipaka*
- *Upnaha*
- *Pothki*
- *Arjun*
- *Savran-sukla*
- *Avran-sukla*

### Importance:

*Aschyotan* as a treatment regime being a local procedure make itself very special. As eye is the only organ which receives separate treatment for its deprivation. In *netraroga* the *doshas* are aggravated and sets in the *netra* as to eradicate the aggravated *dosha*. Systemic medication will not help to treat *roga* because the

*dosha dusti* has occurred locally. Local treatment (*Aschyotan*) will give the desired effect quickly.

### Discussion:

As in Ayurveda, we are applying ophthalmic therapeutic either in the form of local therapy i.e. *kriyakalpa* or in the form of systemic use i.e. oral *chaksusya dravyas*. The main aim of any pharmacotherapeutics is the attainment of an effective concentration at the site of action for a sufficient period of time. To elicit the response in practice, therapeutic effect is found in *kriyakalpa (Aschyotana)*. *Aschyotana* is one of the therapeutic procedure which is promptly used shows objective evidences of excellent responses. *Aschyotana* (continuous pouring) application of decoctions of herbal raw drugs and medicated lipids for some duration of time as its tissue contact time is less and it gets diluted with tears and it gets drained in the NLD.

*Aschyotnana* are both prevention as well as treatment modalities eye diseases due to ageing process are inevitable but can be delayed by taking *chaksusya rasayana*.

### Conclusion:

Thus to propagate lustre of *Aschyotan* as Ayurvedic ocular therapeutic in ocular infestation. This article is the sincere effort to spotlight the *Aschyotan* as an independent therapeutic entity in *kriyakalpa* in ocular infestation. Study aims to correlate the action of Ayurvedic drugs with modern ocular pharmacology in curing disease. As *Aschyotan* is easy to intervene and is advisable as a first line of treatment in any eye condition it makes it unique therapy. As according to disease condition and *Doshas* involved various Ayurvedic drugs forms can be utilized accordingly. It serves best to the

humanity to intercept ocular infestation in very cheap way.

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